

S.No	Name of the Event	Date of the Event	No of Participants
1.	International Yoga Day	21-06-2020	50
2.	Swachh Bharat Programme	13-08-2020	50
3.	Webinar on Developing Leadership Qualities in Youth for Community Development	24-09-2020	100
4.	International Youth Day	12-01-2021	50
5.	Republic Day	26-01-2021	100
6.	International Women's Day	08-03-2021	50
7.	Plantation Program	09-03-2021	50
8.	NSS Program Officers Orientation and Review Meeting	04-03-2021	45
9.	Digital Transformation in Healthcare National Level Webinar	28-03-2021	100
10.	World Water Day	22-03-2021	50
11.	World Sleep Day	19-03-2021	50

12.	World TB Day	24-03-2021	50
13.	Chicken Pox & Hepatitis-B Vaccination Program	05-04-2021	100
14.	World Health Day	07-04-2021	50
15.	NSS Volunteers Orientation Program	21-04-2021	100
16.	Covid Stress Management - Yoga and Exercise - First Line of Defending Immunity	31-05-2021	50
17.	Orientation Program on Postal Schemes	16-10-2021	100

NSS EVENTS LIST- (2020-21)

INTERNATIONAL YOGA DAY

Theme: YOGA AT HOME AND YOGA WITH FAMILY

On June 21, 2020, the NSS unit of Sree Narayana Nursing College celebrated International Yoga Day in the college garden, promoting yoga for physical and mental well-being. The event, inaugurated by Principal Mrs. Jayanthi, emphasized yoga's benefits in reducing stress and improving concentration. Under the guidance of NSS Programme Officer Mrs. Kalavathi, 50 volunteers actively participated in various yoga asanas, breathing exercises, and relaxation techniques. The session fostered enthusiasm and engagement among students. The program concluded with a motivational speech and refreshments, making it a successful initiative in encouraging yoga as a daily practice.





Swachh bharath Programme

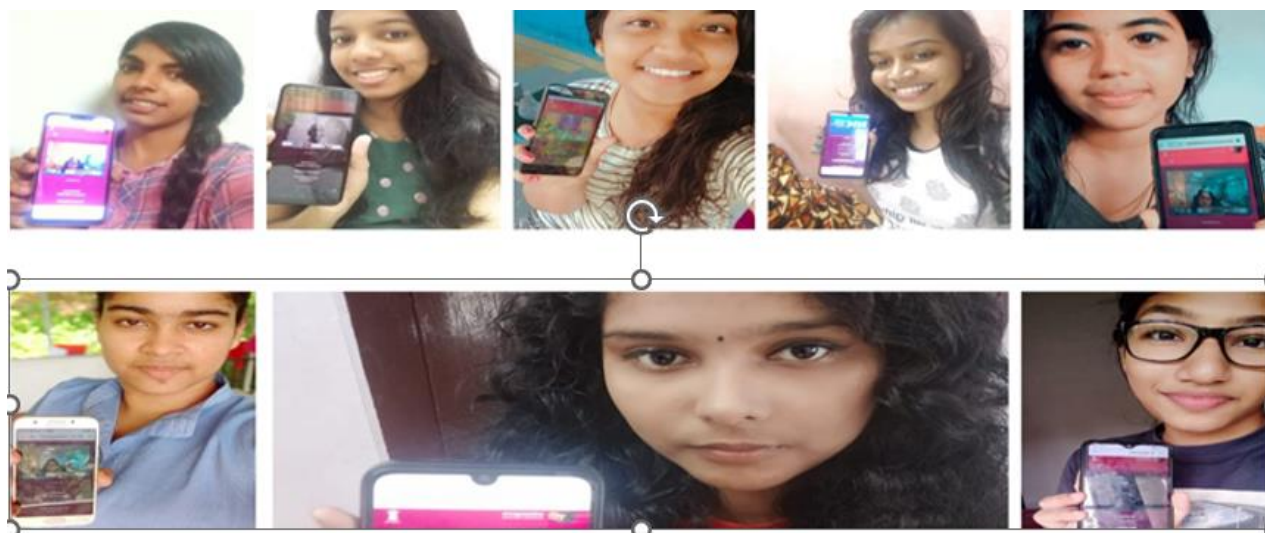
The NSS Unit of Sree Narayana Nursing College, under the guidance of NSS Program Officer Mrs. Kalavathi, organized a Swachh Bharat campaign to promote cleanliness and environmental responsibility. The initiative included a large-scale clean-up drive, awareness programs with posters and slogans, and education on waste management and segregation. Waste bins were strategically placed, and a tree plantation drive was conducted to enhance greenery. The campaign not only resulted in a cleaner campus but also raised awareness about sustainability, reflecting the college's commitment to the Swachh Bharat mission and fostering civic responsibility among students and staff.



“Webinar on Developing Leadership Qualities in Youth for Community Development”

The NSS Cell of Sree Narayana Nursing College actively participated in a national webinar on “Developing Leadership Qualities in Youth for Community Development,” organized by Vikrama Simhapuri University NSS Cell in association with the State NSS Cell on September 24, 2020. A total of 50 students and volunteers attended the session, which aimed to nurture leadership qualities and social responsibility among youth. Esteemed speakers, including Shri Gampa Nageshwer Rao, Dr. W. G. Prasanna Kumar, Dr. L. Vijaya Krishna Reddy, and Dr. K. Ramesh Reddy, provided valuable insights on psychological growth, community involvement, youth development, and leadership. The webinar was highly informative, and participants

gained essential knowledge to enhance their leadership skills and contribute to community development.



INTERNATIONAL YOUTH DAY-2021

THEME: "TRANSFORMING FOOD SYSTEMS"

On International Youth Day 2021, the NSS Unit of Sree Narayana Nursing College organized a theme-based panel discussion on "Transforming Food Systems: Youth Innovation for Human and Planetary Health." The event highlighted the crucial role of youth in innovating and improving food systems for better health and sustainability. NSS volunteers actively participated in discussions on sustainable agriculture, reducing food waste, and promoting healthy diets, sharing ideas and real-life initiatives. The interactive session fostered

collaboration and inspired participants to take proactive steps in their communities. The event concluded with a call to action, emphasizing youth leadership in driving positive change for sustainable food systems.



Report on Republic Day

Theme: "Unity in Diversity: Celebrating the Spirit of the Indian Constitution"

On January 26, 2021, the NSS Unit of Sree Narayana Nursing College celebrated Republic Day with the theme "Unity in Diversity" at the Narayana Medical College Auditorium. The event featured the hoisting of the national flag by chief guest Dr. Surya Prakash Rao, followed by patriotic speeches emphasizing unity and constitutional values. Students showcased cultural performances, including patriotic songs, traditional dances, and a skit on India's historical journey. A special dance symbolizing national integration captivated the audience. The

celebration concluded with a vote of thanks, reinforcing patriotism and the significance of diversity in strengthening national unity.



INTERNATIONAL WOMENS DAY

Theme: “CHOOSE TO CHALLENGE”

On March 8, 2021, the NSS Unit of Sree Narayana Nursing College celebrated International Women's Day with the theme “Choose to Challenge” in the 3rd-floor auditorium. The event featured an opening speech by Principal Prof. V. Jayanthi, emphasizing the importance of challenging gender biases. Faculty members and guest speakers delivered presentations on women's rights, achievements, and ongoing challenges. A panel discussion with faculty and senior students provided insights on gender equality in the workplace and academia. Students

performed skits highlighting gender bias and empowerment. The event concluded with a vote of thanks, reinforcing the importance of advocating for gender equality.



PLANTATION PROGRAM

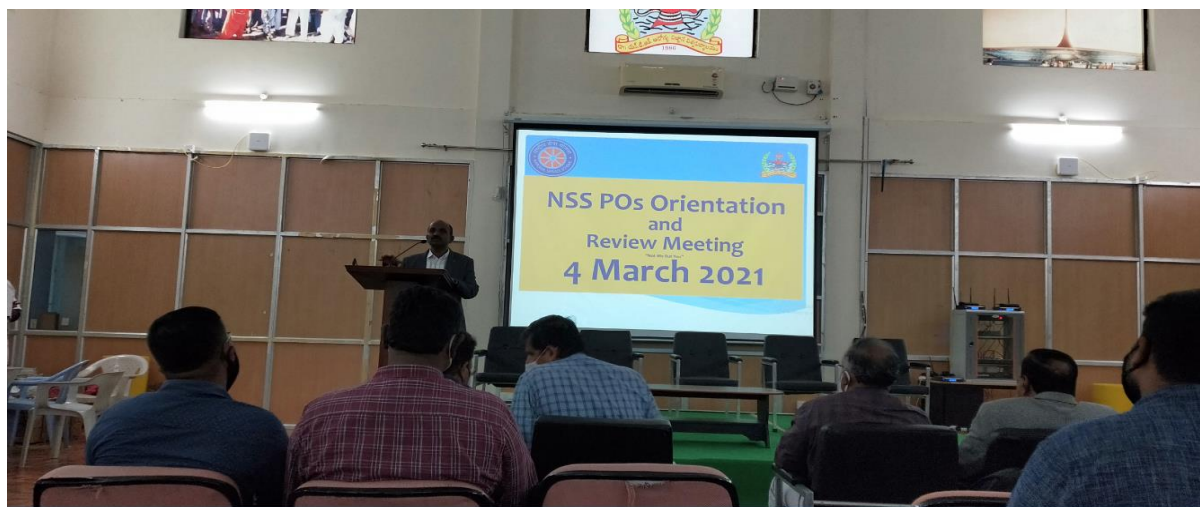
On March 9, 2021, the NSS Unit of Sree Narayana Nursing College organized a Plantation Program in the college garden, involving faculty members and NSS volunteers in a collective effort toward environmental sustainability. The event began with an orientation by NSS Program Officer Mrs. Kalavathi, emphasizing the importance of tree plantation in reducing carbon footprints and enhancing biodiversity. Participants planted various saplings, working together to ensure proper techniques and maintenance. The program concluded with a vote of thanks, reinforcing the college's commitment to green initiatives. The event successfully promoted ecological awareness and campus beautification.



NSS Program Officers Orientation and Review Meeting

On March 4, 2021, Dr. NTR University, Vijayawada, hosted an Orientation and Review Meeting for NSS Program Officers, attended by representatives from various colleges, including Sree Narayana Nursing College. The event featured insightful sessions on NSS guidelines, community project implementation, and student engagement strategies. The representative from Sree Narayana Nursing College actively participated, presenting the college's NSS initiatives, including health camps and environmental drives. The meeting concluded with an action plan emphasizing sustainable development and community

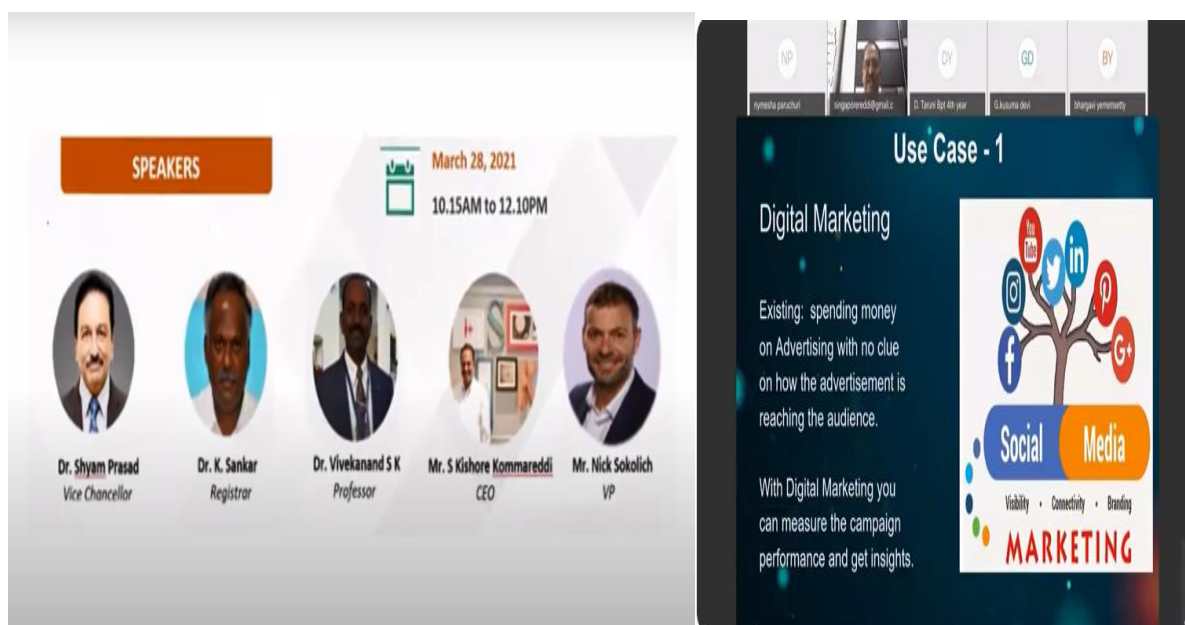
resilience. The event provided valuable insights, reinforcing the college's dedication to community service and student leadership.



Digital Transformation in Health care National Level Webinar

On March 28, 2021, the NSS Cell of Dr. NTR University of Health Sciences organized a National Level Webinar on "Digital Transformation in Healthcare," focusing on the role of digital technologies in improving healthcare delivery and patient outcomes. Experts discussed electronic health records, telemedicine, AI, ML in diagnostics, wearable health technologies, and data security. The interactive Q&A session provided participants with deeper insights into practical applications. The NSS Unit of Sree Narayana Nursing College actively participated,

gaining valuable knowledge to enhance their academic and professional growth in the evolving health care landscape.



WORLD WATER DAY

Theme: Valuing Water

On March 22, 2021, Sree Narayana Nursing College observed World Water Day with an event organized by the NSS Unit and the Community Health Nursing Department. Held in the 3rd Floor Auditorium, the program featured presentations by Principal Prof. V. Jayanthi on the theme “Valuing Water,” highlighting water’s essential role and global challenges like scarcity and pollution. Vice-Principal Prof. Kalpana B. discussed the impact of water quality on public

health and the need for community involvement in water conservation. The event successfully raised awareness about sustainable water management and inspired attendees to take action.



WORLD SLEEP DAY

Theme: Regular Sleep Health, Healthy Future

Sree Narayana Nursing College observed World Sleep Day on March 19, 2021, with an awareness program in the 3rd-floor auditorium from 3 to 4 PM, organized by the NSS and SNA units. The event began with an address by Principal Prof. Jayanthi, who emphasized the importance of sleep for physical and mental well-being. Vice-Principal Prof. B. Kalpana further

elaborated on sleep disorders, their causes, and ways to improve sleep hygiene. The program concluded with an interactive Q&A session, successfully promoting awareness about healthy sleep habits and reinforcing the college's commitment to student well-being.



WORLD TB DAY

Theme: Clock is ticking

On March 24, 2021, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Community Health Nursing Department, observed World Tuberculosis (TB) Day with an awareness program in the 3rd-floor auditorium. Principal Prof. Jayanthi emphasized the global impact of TB, advancements in its treatment, and the collective responsibility in combating the

disease. Vice-Principal Prof. B. Kalpana highlighted the role of nursing professionals in TB care and prevention, stressing the importance of awareness and education. The event successfully promoted TB awareness and reinforced the significance of community engagement in disease prevention.



CHICKEN POX & HEPATITIS-BVACCINATION PROGRAM

On April 5, 2021, the NSS and SNA units of Sree Narayana Nursing College organized a Chickenpox Vaccination Program in the Nursing Foundation Lab to prevent the spread of the viral infection. Nursing faculty administered the vaccines with strict safety measures, and designated areas were set up for registration, vaccination, and post-vaccination observation. An awareness campaign was also conducted, educating students about chickenpox symptoms and the importance of vaccination. The event saw active participation from students, faculty,

and staff, successfully promoting public health and demonstrating the college's commitment to disease prevention and wellness.



WORLD HEALTH DAY

Theme: Building a Fairer Healthier World

On April 7, 2021, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Medical-Surgical Nursing Department, observed World Health Day with an awareness program in the 3rd-floor auditorium. HOD Prof. Saritha delivered informative presentations on general health, disease prevention, and balanced living, while the NSS Program Officer

addressed key health concerns and wellness strategies. The event featured interactive workshops, discussions, and the distribution of educational materials, ensuring active participation. The well-received program highlighted the college's commitment to promoting health awareness and empowering the community to make informed wellness choices.



NSS Volunteers Orientation Program

The NSS Unit of Sree Narayana Nursing College conducted an orientation program for new volunteers on April 21, 2021, in the 3rd-floor auditorium, with 100 participants. The event began with an inaugural address by the NSS Program Officer, emphasizing social responsibility and the impact of service. A detailed presentation on the history, principles, and activities of

NSS provided volunteers with a clear understanding of their role. Interactive sessions and practical training on teamwork, project management, and health protocols prepared them for fieldwork. The program concluded with a motivational speech by Principal Prof. V. Jayanthi, followed by the distribution of participation certificates, leaving volunteers inspired and ready to serve their communities.



COVID STRESS MANAGEMENT-YOGA AND EXERCISE-FIRST LINE OF DEFENSING IMMUNITY -31ST MAY 2021

On May 31, 2021, Dr. NTR University of Health Sciences organized a virtual program titled "COVID Stress Management: Yoga and Exercise - First Line of Defending Immunity," attended by the NSS Unit of Sree Narayana Nursing College and other institutions. The event

focused on stress management and immunity enhancement during the pandemic. A yoga instructor led participants through asanas and breathing exercises, followed by a fitness expert who demonstrated home-friendly exercises for overall health. An interactive Q&A session allowed for engagement and personalized advice. The program emphasized a holistic approach to well-being, with active participation from NSS volunteers, making it a valuable and impactful session.



ORIENTATION PROGRAM ON POSTAL SCHEMES

On October 16, 2020, Sree Narayana Nursing College, in collaboration with the Postal Department, organized an orientation program on postal schemes under the NSS Unit. Held in the 3rd Floor Auditorium from 12:00 PM to 1:00 PM, the session was attended by faculty,

students, non-teaching staff, and HR personnel. Postal representatives provided insights into various savings plans, insurance policies, and financial services, emphasizing the importance of financial security. The interactive session allowed attendees to engage with officials and gain clarity on the schemes. The program enhanced financial literacy and strengthened ties between the college and the postal department.

